Realistic heart with wildflowers

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.2 × 4.6 in (10.7 × 11.7 cm).



Which color goes where.

Stitches

- **Long and short stitch**, 1 strand
  Vein stubs, lung vessels, lung veins, great vessels, upper vein, and 6 more
- **Satin stitch**, 2 strands
  Vein stubs, openings, lung vessels, lung veins, great vessels, and 5 more
- **Stem stitch**, 1 to 3 strands
  Fine vessels, tendril, stems, fern
- **Fishbone stitch**, 2 strands
  Leaves
- **Outline stitch**, 1 to 2 strands
  Stems
- **Straight stitch**, 1 strand
  Flower stalks, scabious pins, poppy stamens, poppy heart
- **French knot**, 1 to 2 strands, two wraps
  Cow parsley, scabious heart, scabious pins, poppy stamens
- **Lazy daisy stitch**, 1 strand
  Stems

Floss

- **DMC 931 Medium Antique Blue**
  Lung vessels, upper vein, vein stubs and lung trunk (light)
- **DMC 3750 Very Dark Antique Blue**
  Lung vessels (darkest) and 6 more parts
- **DMC 930 Dark Antique Blue**
  Lung vessels, lung trunk, upper vein and vein stubs (dark)
- **DMC 3752 Very Light Antique Blue**
  Lung trunk and upper vein (lightest) and 4 more parts
- **DMC 3328 Dark Salmon**
  Heart muscle (middle light) and 3 more parts
- **DMC 3802 Very Dark Antique Mauve**
  Heart muscle (dark) and 3 more parts
- **DMC 3721 Dark Shell Pink**
  Heart muscle (middle dark) and 3 more parts
- **DMC 352 Light Coral**
  Great vessels and upper chamber (light) and 2 more parts
- **DMC 353 Peach**
  Heart muscle and great vessels (lightest) and 2 more parts
- **DMC 154 Very Dark Grape**
  Heart muscle (darkest), poppy stamens, openings (darker)
- **DMC 902 Very Dark Garnet** Fine vessels (darker)
- **DMC 3362 Dark Pine Green**
  Leaves (darkest), stems (darker) and 3 more parts
- **DMC 3363 Medium Pine Green**
  Stems (lighter), leaves (light) and 2 more parts
- **DMC 3364 Pine Green** Flower stalks, fern (light) and 2 more parts
- **DMC 3865 Winter White** Cow parsley and scabious pins
- **DMC 520 Dark Fern Green** Leaves (dark), poppy heart (darker)
- **DMC 340 Medium Blue Violet**
  Scabious petals and scabious heart (middle)
- **DMC 3746 Dark Blue Violet**
  Scabious petals and scabious heart (dark)
- **DMC 3853 Dark Autumn Gold** Poppy petals and bud (light)
- **DMC 920 Medium Copper** Poppy petals and bud (darkest)
- **DMC 921 Copper** Poppy petals and bud (dark)
- **DMC 3855 Light Autumn Gold** Poppy petals and bud (lightest)

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 2 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 2 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on**
   Go over the lines of page 3, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron.

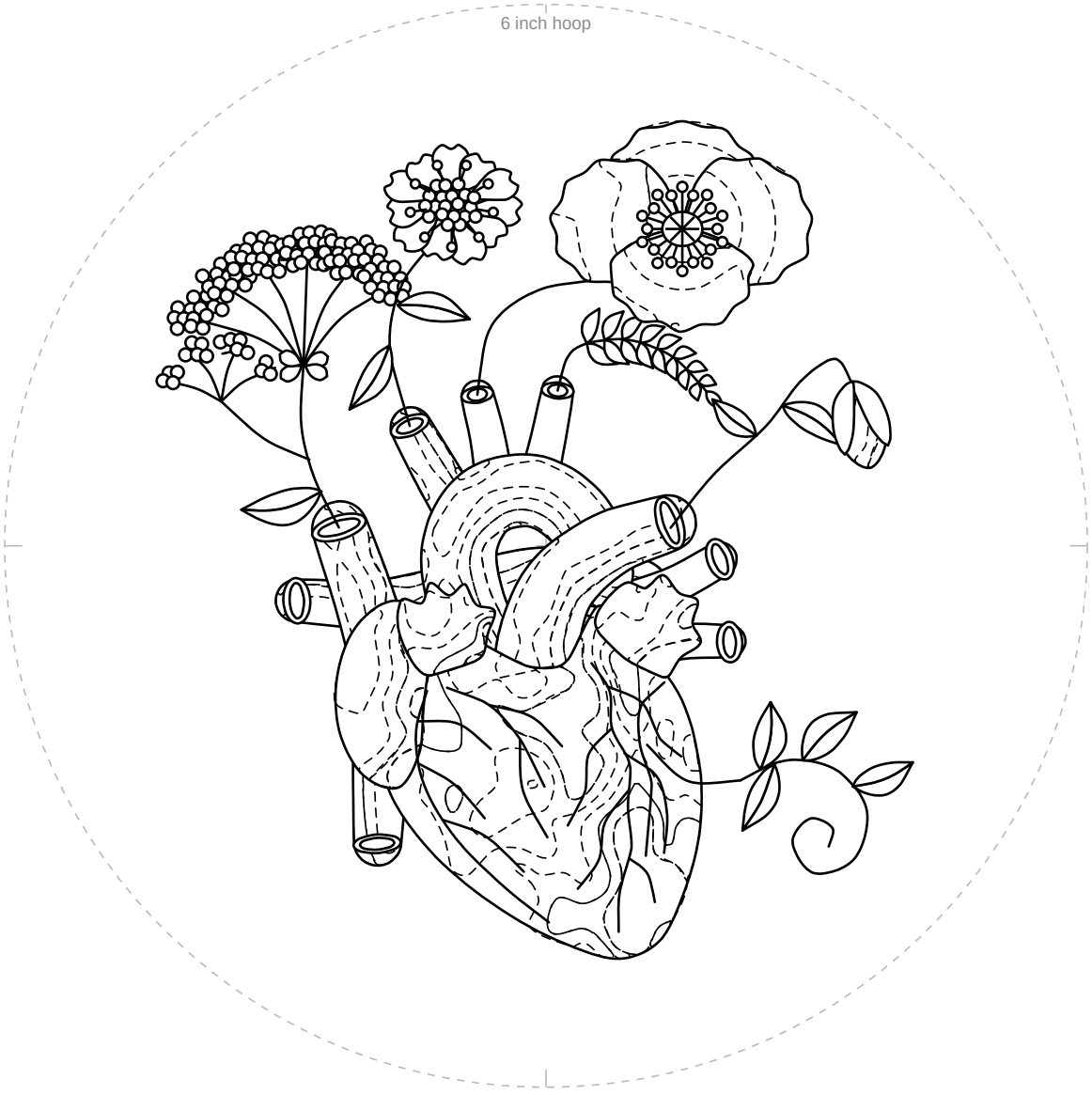
Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



1 in
25.4 mm

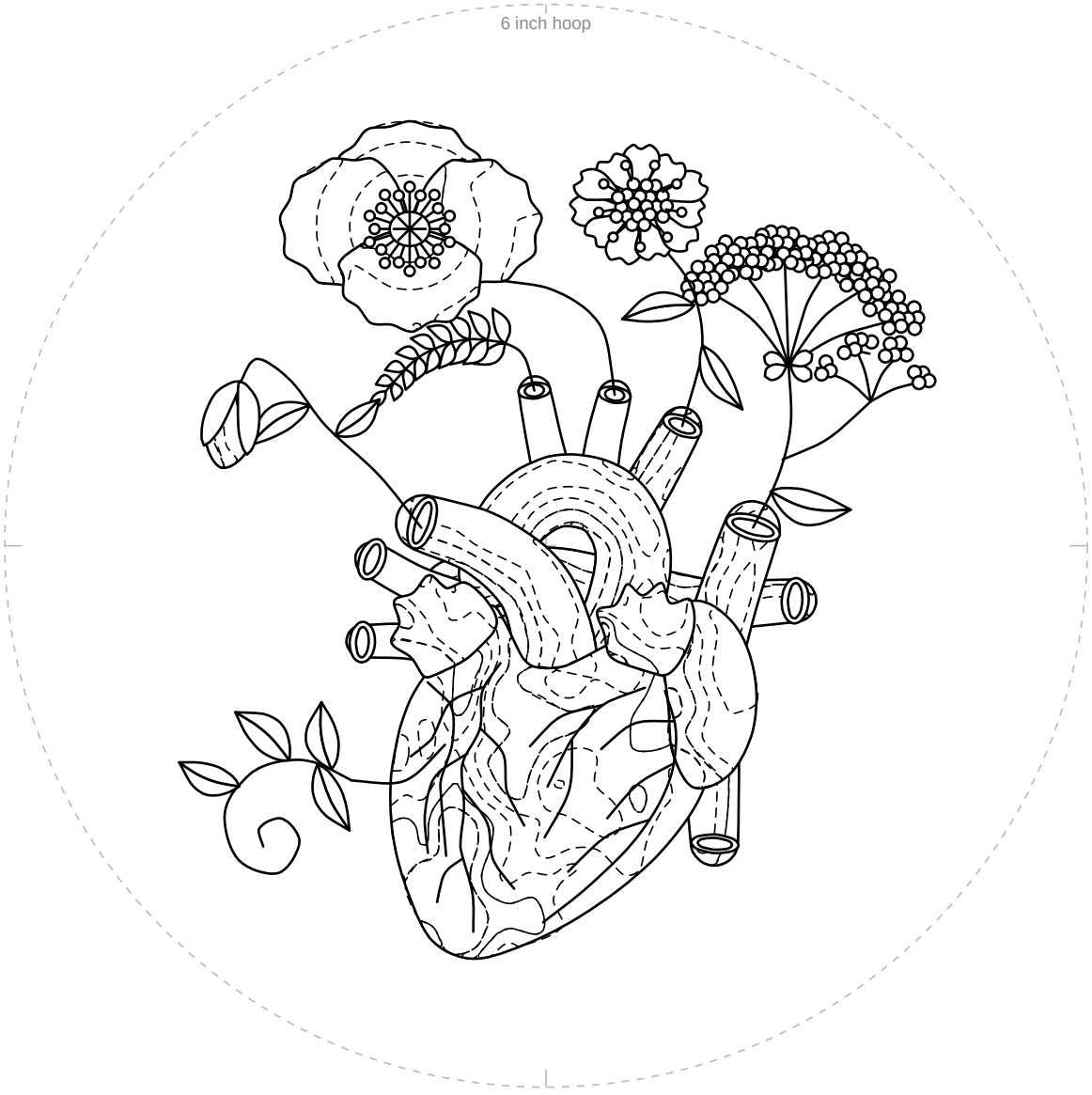
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
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